

PARANORMAL UNDERGROUND®

Volume 13, Issue 10

October 2020

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William is a psychic medium and paranormal investigator and researcher. His interest in the paranormal goes back to his early childhood when he saw his first apparition. With this interest in the paranormal, along with a degree in history, it was only natural that he would jump at the chance to combine the two by giving tours.

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Cheryl is a freelance journalist and international author of multiple paranormal and thriller books, including *Dimensions: Mysterious Triangles of the US*, *Whispers Beyond the Grave*, and the *Darkness Trilogy*, consisting of *Fear the Darkness*, *Edge of Darkness*, and *Embrace the Darkness*.

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Willie has appeared on A&E's *Cursed: The Bell Witch*



and CMT's *Most Shocking Ghosts*. He also hosted a public access show in Louisville, Kentucky, for 12 years, called *Spiritual Gifts and Wonders*. In addition, he created a group of sensitives, called Soul Warriors, who are based across the U.S.

ORRIN GREY

Orrin is a writer, editor, amateur film scholar, and monster expert who was born on the night before Halloween. His stories of ghosts, monsters, and sometimes the ghosts of monsters have appeared in dozens of anthologies, including *The Best Horror of the Year*, and been collected in *Never Bet the Devil & Other Warnings* and *Painted Monsters & Other Strange Beasts*, while his writing on horror cinema has been collected into *Monsters From the Vault*.

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RICK HALE

A native of Chicago, Illinois, Rick has had an interest in anomalous phenomena since having a positive encounter with an apparition at an early age.

He is the deputy editor of *Mysterious Phenomenon* for *Spooky Isles* and is the author of *The Geek's Guide to the Strange and Unusual: Poltergeists, Ghosts & Demons* and *Behold! Shocking True Tales of Terror ... And Some Other Spooky Stuff*. Rick also appeared in *Ghost Tapes 2* and several episodes of *Ghost Tapes The Series* found on YouTube.com.



CHERYL KNIGHT-WILSON

Cheryl is co-creator and editor-in-chief of *Paranormal Underground* magazine, cohost of the *Intention Is Everything* podcast, and producer of *Paranormal Underground Radio*. She has more than 30 years of experience as a professional writer and editor and has written thousands of articles on topics ranging from advanced technology to paranormal phenomena.

Cheryl's previous magazine experience includes roles as senior and managing editor for several niche publications and online media.

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MORGAN LINEBERRY

Morgan is a graduate from the University of North Carolina in Greensboro where she obtained a bachelor's degree in English. She loves to write and maintains a healthy fascination with all things paranormal thanks to experiences with the unexplained that she has experienced throughout her life.

Morgan knows a little bit about a lot of paranormal top-



ics from research she has conducted. She pledges to keep you up to date about things that go bump in the night via *Paranormal Underground's* monthly news column.

JILL MARIE MORRIS

Jill is a psychic medium, artist, and author. In addition to using her abilities to assist various agencies with cold cases, she has investigated the histories of homes and small cities across the United States. Jill can also read auras, past lives, and render dream interpretation. Setting her apart from other psychic mediums, Jill renders detailed sketches of spirit contacts, as well as meaningful clues to the locations she investigates.



She is a modern medicine woman and healer who provides clarity, healing, and inspiration to those whose lives she touches. She hosts *The Sublime & Supernatural Podcast: Unique Psychic Perspective On Spirit and Soul*.

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Athena is the founder and CEO of Sage-Goddess.com, a source of sacred tools and metaphysical education. She earned a doctorate from the University of Southern California in educational leadership and has 15 years of experience as a professor, corporate trainer and consultant, and educator. Athena's metaphysical experience includes expertise in gemology, astrology, tarot, aromatherapy, Reiki, and herbal medicine.



Through her writing, online courses, and material offerings, Athena helps others cultivate and maintain sacred space in their lives for peace, healing, and abundance. Her guiding philosophy is that those who develop and maintain a consistent and sustainable spiritual practice — one that aligns with their cultural values and spiritual beliefs — will enjoy a longer, healthier, and happier life.

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Rainbow is a paranormal, abductee, and cryptid researcher along with her husband, Michael. She is an experiencer herself, dealing with paranormal phenomenon since childhood. The silk road of life has led Rainbow in many directions: cowgirl, medicine woman, gypsy, belly dancer, and truth seeker. All directions have paralleled each other, finally coming together in Rainbow's articles, research, and blogs.



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Kevin is a prominent ufologist. Within the UFO community, he is often regarded as one of the preeminent experts on the reported crash of a UFO near Roswell, New

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PAUL DALE ROBERTS

Known as an esoteric detective, Paul has been reading and studying the unknown since he was a young boy. He has been to over 59 countries to document the paranormal. He worked for military intelligence from 1979 to 1986 and saw several top-secret UFO photographs, making him very interested in extraterrestrials.



Paul is a journalist for the *Costa Rican Times*, and his articles cover metaphysical topics and paranormal investigative stories. He is co-owner of Halo Paranormal Investigations.

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Laurie is a Connecticut-based writer and journalist with credits from numerous magazines and news outlets, including *Yankee*, *Scientific American*, *Slate*, *Entrepreneur*, and *Victorian Homes*. She holds a master's degree in eighteenth-century studies from King's College London, where she hopes to return to do research on Frankenstein one day.



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Freelance writer, Chad is co-creator and publisher of *Paranormal Underground* magazine and co-producer of *Paranormal Underground Radio*. His interest in the paranormal led to the creation of www.ParanormalUnderground.net.



Chad has investigated with East Tennessee Paranormal Research Society and counts Waverly Hills Sanatorium, the Villisca Axe Murder House, Bobby Mackey's Music World, the Queen Mary, Queen Anne Hotel, Hotel Alex Johnson, and private residences among his investigations.

www.paranormalunderground.net ♦

Have You Had a Paranormal Encounter You'd Like to Share?

If you've had a paranormal encounter and would like to share it with our readers, email us at paranormalunderground@live.com. Tell us about your experience, and we may publish it in a future issue.

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Curiosity Drives Our Desire to Investigate and Create

They say curiosity killed the cat, as if curiosity is somehow bad for you. But I believe differently, because the innate curiosity we have drives us to explore and break confined boundaries. It allows us to develop as a species through new discovery and innovation.

Without curiosity, we probably would not have developed the airplane and the ability to propel ourselves through the air. And without airplanes, we might not have been able to explore the space outside our planet. Without curiosity, humans definitely would not have developed groundbreaking treatment and vaccines for the illnesses and diseases that plague our planet. And we definitely would not have discovered new lands across the seas. In fact, we would have been complacent to just stay where we were, and history would have been totally different than it is now.

And, of course, most of us are curious about death and what happens when we die. Do we move on to a spiritual realm? Or do we simply cease to exist? I'm sure you all know what I think about that, but without curiosity, I never would have begun this journey with the magazine so many years ago.

As humans, we are able to

take our curiosity to the extreme, exploring new ways of how things work and developing the technology to take advantage of what we learn. And I think this is where we're at when it comes to paranormal investigation.

When humans first began to explore death and the afterlife in modern times, they tended to use what they had on hand, such as a Trifield EMF Meter or a standard temperature gauge. In many cases, this equipment was designed for totally different purposes than for what paranormal investigators were using it for.

More recently, though, curious and innovative individuals have developed equipment specifically geared to contact or detect "the other side," including the Ovilus, the SB7 spirit box, the Para4ce PMB POLTERTUNE, and other specialized "ghost hunting" equipment. And who knows what the future will bring?

I feel like it is only a matter of time before we'll be able to see the spirits around us as we communicate with them in real time. Maybe then we can understand what death is and what it truly means to become Spirit. In turn, I think this will lead us to the answer of why we are here and what the purpose of our existence is. ♦



Chad Wilson,
Publisher



Because most paranormal events have been cancelled due to the COVID-19 pandemic (also known as the novel coronavirus), in place of our Calendar of Events this month, we are providing you with a list of coronavirus resources.

For information on the pandemic, you can visit the links below:

World Health Organization

www.who.int/emergencies/diseases/novel-coronavirus-2019

- How to Protect Yourself
- Country & Technical Guidance
- Your Questions Answered
- Travel Advice
- Situation Reports

Centers for Disease Control and Prevention

www.cdc.gov/coronavirus/2019-ncov

- How to Protect Yourself
- If You Think You Are Sick
- What You Need to Know
- Resources for the Community

Harvard Health Publishing: Harvard Medical School

www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center

- FAQs About Coronavirus and COVID-19

- Podcasts, including “How to Conquer Your Anxieties During the COVID-19 Outbreak”
- Questions and Answers

The White House/CDC/FEMA

www.coronavirus.gov

- How to Prepare and Protect Yourself
- What to Do if You Think You Are Sick
- What Are the Symptom?
- Who Is at Highest Risk?
- What Is Social Distancing?

U.S. Department of Labor

www.dol.gov/coronavirus

- Workplace Safety
- Wages, Hours, and Leave
- Unemployment Insurance
- Support for Dislocated Workers and States
- Job Corps Students
- And more work-related issues due to the coronavirus

National Institutes of Health

www.nih.gov/health-information/coronavirus

- Symptoms and Testing
- Prevent Getting Sick
- Daily Life and Coping
- If You Are Sick
- People Who Need Extra Precautions ♦

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ALIENS, SPIRITS & LEGENDARY MONSTERS

BY MORGAN LINEBERRY

SPEND THE NIGHT IF YOU DARE

If you're looking for a thrilling night of ghost hunting in the U.K., a company named Haunted Happenings offers paranormal investigators or thrill seekers the chance to stay overnight at Newsham Park Hospital in Liverpool, England. The building "dates back to Victorian times, and over the years it has been used as many different things, including an orphanage, psychiatric hospital, and a nursing home," according to the Mirror's Courtney Pochin. With such a colorful history, it's no wonder that it has a "sinister and frightening feel to it."



POLICE SEE SMALL HUMANOID CREATURE IN OHIO

Police in Athens, Ohio, came upon a rather strange creature this past August, according to Werewolf Radar's Roger Norquist. The incident took place when the police had responded to a call about a strange light. Upon investigation, "they observed a bipedal creature around three to four feet tall walking near them and looking [in] their direction," the sheriff's office wrote. "They were uncertain as to what it was but did not believe it to be a person." Was the creature an alien? Or something else? We can only speculate.



WAS AN ALIEN KILLED IN 1978 NEAR FORT DIX?

There is a long-held report of an alien being killed at an American Military Base — Fort Dix in New Jersey — in 1978. And a 2018 book, *Strange Craft: The True Story of An Air Force Intelligence Officer's Life with UFOs* by John L. Guerra, the case of retired U.S. Air Force Major George Filer reveals exactly what happened.



Filer didn't directly witness the alleged incident, according to Michael of *Infinity Explorers*, but he did speak with a senior sergeant at the time who said the following about the victim: "His face was pale and his eyes were wide open. When I asked him about where did it come from, he replied that it came from space and that it was an alien. He also said that UFOs are constantly circling our planet."

GHOST TEASES PUPS ON CAMERA

Do you believe pets can sense spirits? Well, what if spirits enjoy teasing pets? This video captured by an in-home security camera shows just that. You can see the "two dogs barking at something and



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they can be seen running over to the window to see what's happening. When they get to where the noise is coming from, the blanket, which is on the edge on the sofa, starts to move," according to Paige Holland of the *Mirror*. The dogs do not seem scared, so hopefully whatever was moving the blanket just wanted to play.

GHOST SOLDIERS APPEAR AT GETTYSBURG BATTLEFIELD

While not everyone's home is haunted, one place that you can always count on for a good spirit sighting is a battlefield. "In a haunting new video, a New Jersey man shot what appears to be two ghostly human-like figures on the historic Pennsylvania battlefield," according to Michael of *Infinity Explorers*. This particular battlefield "was the scene of a bloody battle in July 1863 that decisively turned the war in favor of the Union." Moments like this are notorious for putting "stamp" on space and time. Sometimes we are lucky enough to get a glimpse.



also had a sign on it saying, "Evil live here." According to local Dawn Hall, who's lived in the area for 15 years,



Source: Liverpool Echo

"It looks like it's been there for a while. The nails are all rusted. It blends in with the tree and it really is scary. Now I've taken pictures of it, I feel spooked and wondering, am I cursed now? It's baffling everybody."


NEW NESSIE PHOTO SURFACES

Another classic creature has come out of hiding for a photo op, according to Peter Jolly and Milo Boyd of the *Mirror*. Forestry worker Ross MacAulay captured a photograph using his mobile phone of "what appears to be a 12-foot creature." MacAulay explained the creature like this: "I would say it was 12 feet long and 4 feet wide, at its widest. It was light gray, and it went under the water then up and then disappeared." It's nice to see new evidence of this legendary creature. ♦



VOODOO DOLL MESSAGE SPOOKS LOCALS

Not all spirits are kind or passive, unfortunately. *Mirror* writers Alan Weston and Lorraine King bring us the story of a terrifying "doll that has been nailed to a tree close to a busy road junction in Liverpool." The doll, which resembles a Voodoo doll,



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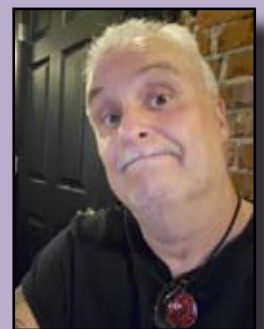
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'GHOSTWATCH'

THE BBC HALLOWEEN HOAX THAT TERRIFIED ENGLAND

BY ORRIN GREY, THE LINEUP

Most readers are familiar with the big hoaxes of pop culture history. There is, of course, Orson Welles' 1938 radio broadcast of *The War of the Worlds*, a program that — so the story goes — duped and terrified countless listeners. Even *The Blair Witch Project* stirred up plenty of "Is it real?" controversy during its theatrical release in 1999.

Far fewer people, however, may know of *Ghostwatch*, one of the most terrifying and successful faux-documentary horror programs in recent memory — if "successful" is the right word for a show that gave children PTSD, was banned in England for cultivating "a sense of menace," and, according to one family, even led to a suicide.

Broadcast on Halloween night in 1992 on BBC1, *Ghostwatch* was given all the trappings of a genuine news show. The cast included familiar TV personalities, "live" on-the-street interviews with trick-or-treating youngsters, and a phone-in panel complete with a telephone number that the viewing public could "call" to discuss paranormal phenomena.

The 90-minute program was presented as live television on Halloween night; in fact, it had been shot weeks ago. Its premise was simple: A BBC news team travels to the town of Northolt to conduct an on-air investigation into a reportedly haunted residence. There, they learn of a sinister spirit nicknamed Pipes. Pipes is actually the disgruntled ghost of Raymond Tunstall, a troubled man who — according to one phone-in caller — killed himself on the property decades ago and was himself haunted by the spirit of a 19th century child killer named Mother Seddons.

As the program progresses, the paranormal activity gets more intense. To their horror, the newscasters realize that by taping the proceedings they have inadvertently created a nationwide séance. The malevolent spirit feeds off this energy, growing in power. In *Ghostwatch*'s terrifying final act, one host is dragged screaming behind a door, another is possessed, and Pipes infiltrates the transmitter network of BBC studios.

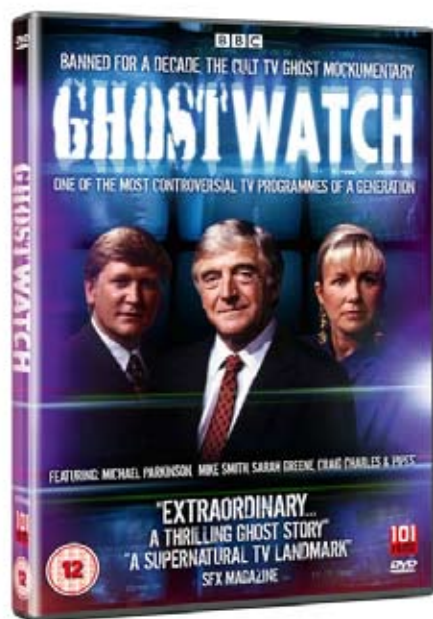
Somewhere around 11 million viewers tuned into

Ghostwatch on Halloween night. Many were traumatized. Viewers flooded the BBC with angry phone calls, while British news outlets chastised the broadcaster for its disturbing program and the way in which they presented it.

Then, in the week after *Ghostwatch* aired, an 18-year-old named Martin Denham hanged himself. His stepfather said that he had watched the show and was obsessed with it, convinced that there was a ghost living in the pipes of their Nottingham home. He left behind a note saying that if there were actually ghosts like those depicted in *Ghostwatch*, he'd be back to see his parents.

Just over a year after the show was broadcast, doctors began coming forward with cases of children suffering from PTSD as a result of seeing *Ghost-*

watch. Three years after the show first aired, the Broadcasting Standards Council of the U.K. convened a hearing and concluded that the show had set out to intentionally "cultivate a sense of menace." *Ghostwatch* was never shown on the BBC again and was basically unavailable to watch anywhere legally until 2002. Not that it stopped some from watching the show — or talking about it.





Broadcast on Halloween night in 1992 on BBC1, *Ghostwatch* was given all the trappings of a genuine news show.

Indeed, *Ghostwatch*'s banning, combined with the public outcry it caused and Martin Denham's suicide, sealed the fate of the program. It was now a real-life horror story whispered about on playgrounds, a phantom bootleg copy seen by a friend of a friend of a friend. When the British Film Institute released *Ghostwatch* on DVD in 2002, after years during which it was unavailable to watch legally, Denham's parents spoke out against the decision, claiming that the show caused their son's death. Despite their disapproval, *Ghostwatch* was released.

Fast-forward to the present day, and *Ghostwatch* is now available on the horror-themed streaming service Shudder. Surprisingly, it still holds up as an effective piece of found-footage horror. Even knowing the program's staged nature, there is a reality to *Ghostwatch*, a matter-of-factness that makes its escalating scenes of spookiness feel all too real. Perhaps this is, in part, because the haunting featured on the program is based on the case of the Enfield Poltergeist, a real-life paranormal event from 1977 that also served as inspiration for the 2016 horror hit *The Conjuring 2*. No doubt director James Wan was familiar with the infamous BBC special.

That may certainly be a part of it, but a huge portion of the power of *Ghostwatch* comes from its credibility. In a world glutted with found-footage horror flicks, too few of them have the feel of real artifacts, even when we know that they're manufactured. *Ghostwatch* has that feeling in spades and no doubt influenced other films that have tried similar shenanigans over the years, such as 2013's low-budget *WNUF Halloween Special*, which takes its "taped off of actual TV" premise to such lengths that it actually includes ginned-up regional commercials as part of its running time.

It is rare to watch something that haunted viewers so completely as *Ghostwatch* did in 1992. When we do, we are often disappointed. Not so here, where, even stripped of its legendary status and simply viewed as a piece of horror filmmaking, *Ghostwatch* stands as an underseen classic of the found-footage genre. ♦



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SPIRITS OF NEW ENGLAND

RESEARCHER DUSTIN PARI SHARES SOME OF HIS FAVORITE INVESTIGATIONS

By Laurie Wiegler

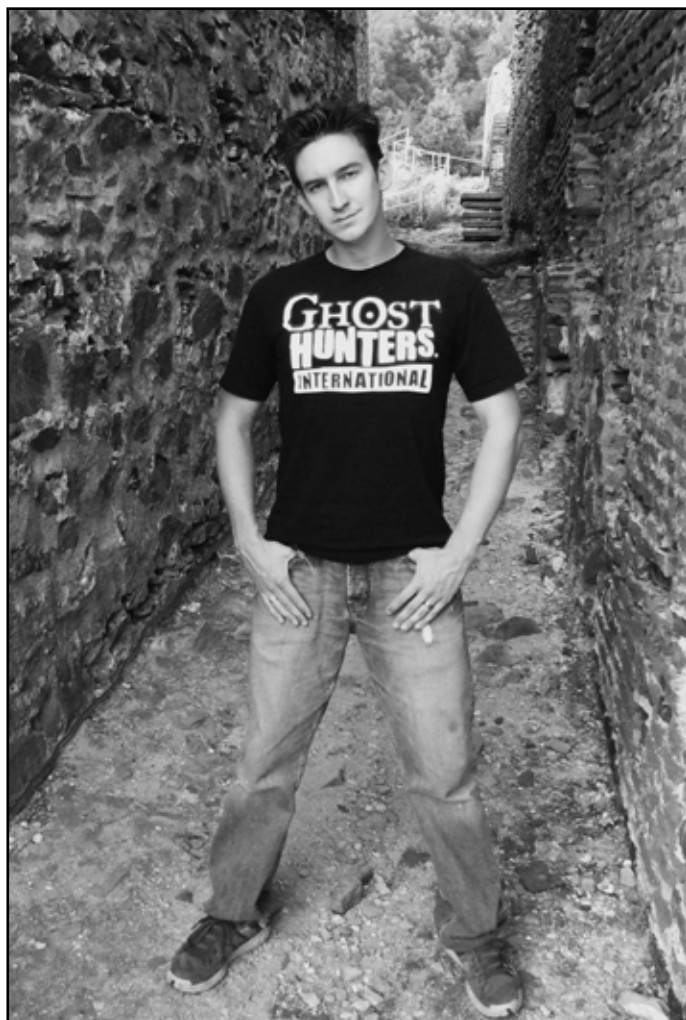
New England native Dustin Pari is true to his roots and doesn't give off celebrity airs, even though he could — he was an investigator on the SyFy hit shows *Ghost Hunters* and *Ghost Hunters International* and has 28,000+ [Instagram](#) followers. But the 43-year-old Rhode Islander is still the humble son of a trucker and a housewife and has kept his day job as COO of an oral and maxillofacial surgery practice.

While the original run of *Ghost Hunters* ended in 2016, Dustin remains a ghost hunter (lowercase), and gives frequent talks about paranormal phenomena, though currently only online because of the pandemic. He was also recently on an episode of *Ghost Nation*, which airs on the Travel Channel. Not bad for the boy from Providence, who is as proud of that city as Ben Affleck and Matt Damon are of Boston.

“We lived at 178 Salina Street, which is where I had my first paranormal experience,” he tells a Zoom audience of Branford, Connecticut, library-goers courtesy of Blackstone Library. His bedroom was in the back of the house. And one night, aged nine, he looked up and in the doorway saw what he says was a shadow, “a vapor figure” approximately 3½’ to 6½’. The young boy “was terrified,” but this spurred what would become his passion for paranormal investigation.

He has since traveled the world investigating countless ghostly locales, including dilapidated early 20th-century mental hospitals; New England inns and churches; the Port Arthur Penitentiary in Tasmania, Australia, and Dracula's castle in Transylvania, Romania.

In addition to his paranormal research, he is the author of paranormal and motivational books, a husband, and a dad. If there is such a thing, he is a grounded spirit, a dreamy earthling.



Paranormal investigator Dustin Pari is the author of the books *My Home Is Haunted ... Now What?*; *The Complete Approach: A Scientific and Metaphysical Guide to the Paranormal*; and *And The Devil Shivered: A Year In My Life*.
(Photo by David Hobbes)



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CREEPY CRATE
BY THE LINEUP



Earning the nickname “The Paranormal Rockstar” from one interviewer, Dustin is best known as a paranormal researcher and lecturer.

“Growing up in New England I really enjoyed the folklore, reading the old stories,” he told his Zoom audience. In a later conversation with *Paranormal Underground*, he said that while he has been fortunate enough to have flown all over the world, his home turf is especially ripe for ghostly investigations. This has to do with the region’s long history.

“I am definitely biased. At least speaking for the U.S., we do have a great opportunity for paranormal research [here in New England] because our history is so old, between native and Colonial settlers,” says Dustin.

True — in other parts of the country, one cannot delve as deeply into investigations such as the Salem witch trials of the early 1700s. He loves this stuff and savors the legends of New England ghosts.

“This is a weird, creepy little part of the country — like Grandma’s attic,” says Dustin.

One creepy story he shared is the infamous Borden murders in Fall River, Massachusetts. Daughter Lizzie was accused but later acquitted of fatally slaughtering her father and stepmother, Andrew and Abby, with an axe in 1892. Not only were there two murders on this property, but next door two children were drowned, adding to the mystery.

Dustin has been to the Borden house to observe and record, using EMF sensors.

“A lot happens up there [meaning upstairs],” he says.

He asks spirits to knock a set number of times to announce their presence. “I have heard voices of children coming through the upstairs area ... people often hear or record voices they attribute to the Borden — either to Lizzie or Mr. Borden. For example, [a voice] of a man in the basement,” says Dustin.

The home is now a popular bed and breakfast, but don’t even think of booking it at Halloween. Besides, this ghost hunter “does not like to dwell on the macabre; this was someone’s house.”

During this presentation, Dustin also discussed his journey to the aforementioned Dracula’s Castle in Transylvania, explaining its New England significance: In the 1800s, people were dying of what they called consumption. In Exeter, Rhode Island, a gravestone dated 1883–1892 marks the corpse of a little girl, Mercy L. Brown, thought to have been Stoker’s inspiration for “Lucy Westenra” in 1897. The character is a 19-year-old victim-cum-vampire in the book.

“There is a folk story about vampires being dug up and burnt in the town square,” says Dustin.

It was really tuberculosis that caused its victims to cough up blood, but they were presumed to be vampires. It is believed that *Dracula* author Bram Stoker was in New York when consumption victims’ bodies were being exhumed in the Northeast.

“I was excited to go there and walked up almost 1,500 steps with GHI TV,” says Dustin, who shared pictures of himself in a black GHI T-shirt and jeans there, formally called Poenari Castle, from the 15th century. It is named after its famous inhabitant, Prince Vlad III Tepes, who impaled his enemies and hung them outside. Dustin’s team, though, left unscathed — they did not see the rumored ghostly images of Vlad’s wife nor hear the purported wailing at the castle during what was a very rainy stay.

He was luckier at the eerie Ladd School in Exeter, built in the early 20th century.

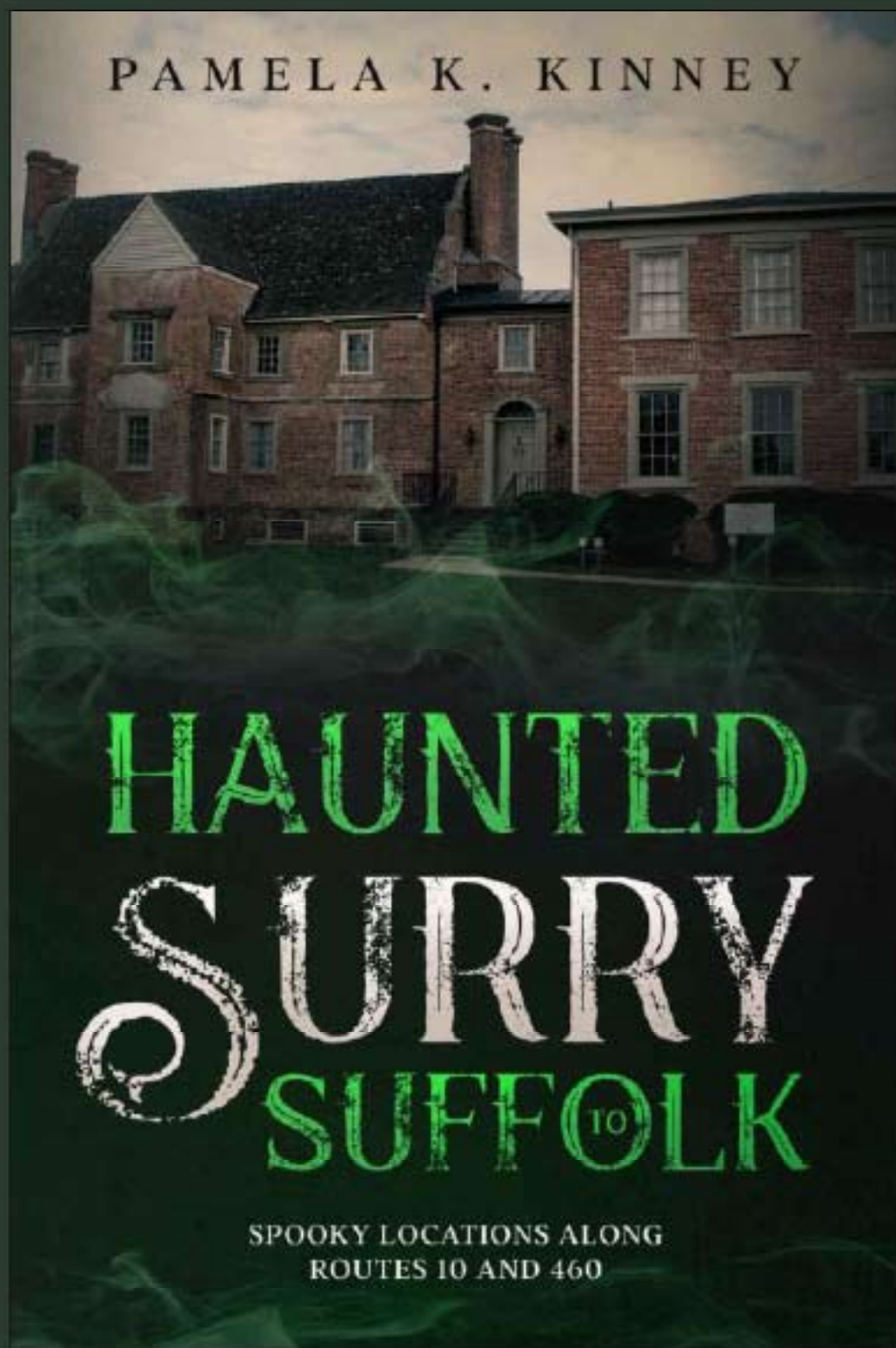
“I have heard growling sounds there,” he shared. The so-called school was originally “The Rhode Island School for the Feeble-Minded” and housed people we would now more politely call mentally ill or disabled but then were deemed “idiots, imbeciles, and morons.” Some people have heard footsteps and moans there coming from a nine-year-old boy thought to have been infirmed.

Of his paranormal investigations, Dustin is surprisingly level-headed. He says one should always remain skeptical and never try to push for a reading or observation. At Dracula’s Castle, for example, “it was so disappointing, but while the paranormal is hoped for, it [is not guaranteed]. Just because a place is said to be haunted doesn’t mean activity happens on command. The spirit world doesn’t work that way.”

* * * * *

For more information about Dustin, visit www.dustin-pari.com. ♦

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GHOSTLY ACCUSATIONS

INVESTIGATING & ANALYZING PARANORMAL ACTIVITY

By Jill Marie Morris, Investigative Psychic Medium

Having investigated and “read” countless properties, residences, and businesses, as well as having my own set of experiences, it is easy to summarize or characterize an alleged haunting as a result of ghostly shenanigans. But, simply said, I’ve learned this is not the case.

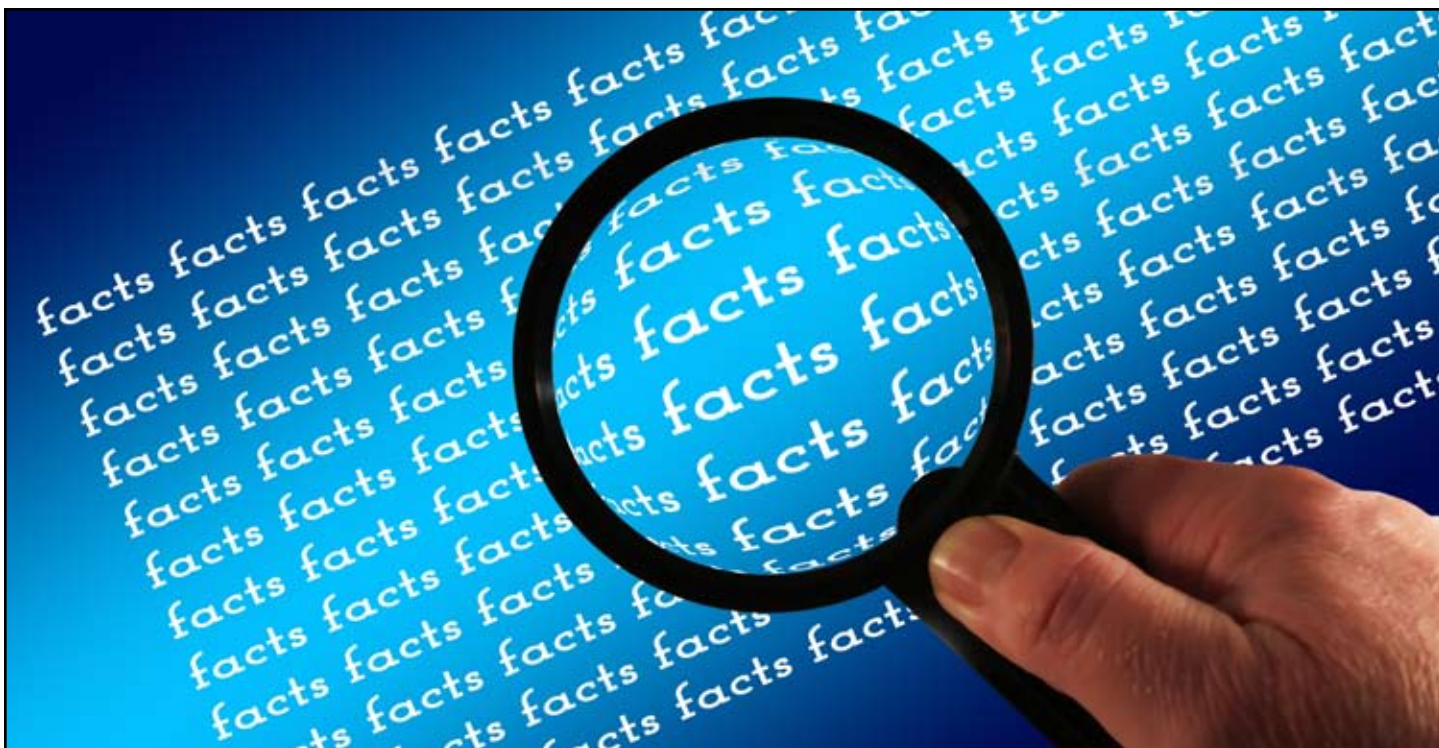
Ghost shaming, or ghost blaming, is a common occurrence in the paranormal. Unfortunately, it is the catch-all explanation (or jump-to conclusion) for all things that may go bump in the night, and even during the day.

Closely examining a property or residence can require hours, days, or years of research into the history of a structure and surrounding land. The farther back one draws reference from a historical perspective, the more likely one will dig up death. Compiling that information can be a daunting task yet remains necessary to avoid placing sole blame on the departed.

The “anatomy” of a haunting is both complex and as simple. In order to search for answers, it’s necessary to look both inside and outside of the box. Dialing it down, it also requires a look at the basics of physics and energy.

Energy is funky and is best summarized as positive, negative, and neutral. No two energies are exactly alike, yet similarities remain. This principle can best be applied to human energy. No living (or deceased) human being is going to behave the same as another. Factor in the unique qualities and characteristics of their lives and a historian may be able to paint a picture of the life lived. That should not be the end to the research. Just because Uncle Henry died an atrocious death in his kitchen at the hands of a revenge-driven madman does not necessarily mean he’s behind the activity at the old homestead.





Potential Causes of Paranormal Activity

Taking a long, hard look at the significance of the land and surrounding area to a property is a must. Energy pulls. Although Uncle Henry may have indeed expired at the house, the activity could be connecting from a nearby source. It wouldn't be the first time this has transpired.

Getting a handle on the geography of a space is equally important before placing blame on a former family member. Soil composition (i.e., limestone) can create its own set of circumstances, in addition to other minerals, compositions, and deposits. Radon, methane, and other contaminants may also be part of the equation. The same applies to EMF. High levels of EMF can create a host of issues with the living, as well as mess with other energies within a space.

Be open to the occurrence of vortices and portals. Both can completely imprint upon an area and create action and reactions within many dimensional layers. Everything is energy based. Some of that is based upon energy weight and distributing forces, as well as the surrounding energies (living, or otherwise) in that location. The "spin" of the vortex or portal, even wormhole, can serve as conduit. In some cases, they can create a revolving door of activity, complete with the ability to dimensionally shift within the space.

One must not discount extraterrestrial and ultraterrestrial energies. Well-versed in notating different energy and dimensional shifts that can occur in such instances, they

tend to be tricky, manipulative, and frequently overlapping in nature. They also have the ability to cross through, and between, more than one dimension at a time. Careful consideration should be given to these sources.

Energy of the Living

Personal histories are of utmost importance and possibly one of the most significant when it comes to honing in on the cause of a haunting. Naturally, the mental status, as well as other personal factors of the client(s), come into play when deducing and debunking, yet not enough emphasis is placed upon the impact that the living can have on a space.

Living, breathing human beings are energy. What one emits attracts and deflects both similar and differing energies. That also applies to thought patterns and processes. A

client who may feel threatened by activity or consumed by it may very well be experiencing phenomena; yet, an altered mental state may be creating issues that go beyond paranormal activity.

Obsessions can cause a slew of problems for not only the client, but their family and friends. The simple act of overthinking can also have a detrimental impact on the experiences. Without a doubt, someone can become compromised by entities and energies, and in varying degrees. In such circumstances, documentation and interviews are often a lifesaver. The problem is deciphering the cause and effect.

Be open to the occurrence of vortices and portals.



Can the Living Haunt a Location?

One enormous area that lacks more consideration is that of the living indirectly “haunting” a space. One theory is the ability to project during sleep and, in certain circumstances, during the day.

Conducting interviews and reading clients is always a fascinating way to learn. Believing in past lives, and in conjunction with my own personal findings, I strongly advocate for this aspect to be placed higher on the list of paranormal activity causes.

Astral projection is a wild notion. Whether intentional, or not, there is something peculiar to the fact that some of us can elaborate on details of spaces we may not

have physically stepped foot in during this lifetime. With research, some of those experiences directly correlate to present-day hauntings in a variety of locations, corroborating dream-state depictions along with resident experiences.

By evaluating and listening to clients, and taking notes of my own celestial wanderings, I question the soul’s ability to teleport to locations once frequented in a past life. I suspect our soul energy is gravitating to those spaces in certain states of relaxation, or even in daily musings.

Be it subconsciously, or otherwise, the living can impact a space, their surroundings, and the ones they love at a higher level than, let’s say, Uncle Henry. In my opinion, more consideration and examination should be made relative to the living possibly being the culprit behind a haunting or case of otherworldly activity.

Continue the Discussion!

As much as energy can be dissociative, it tends to be cyclical. The life and death cycles are interconnected, yet often expressed as independent experiences. Coupling this with dimensional shifting in association with extra and ultraterrestrial energies is beyond fascinating. The discussion and studies must continue to evolve.

In the end, Uncle Henry may have endured a terrible trauma that resulted in his death. That does not necessarily mean he is unhappy or at unrest. Before placing blame on, or shaming the dead, take a good look at what is going on with the living. It may not be dead Uncle Henry after all. It may be ... YOU! ♦

The Power of the Mind

Observation is key. So many times, I have had to “have a chat” with clients who, for some unexplained reason, literally wanted (and wished) there to be paranormal activity in their homes. Such occasions have been somewhat awkward, especially when they involve children. This has extended to parents and guardians who have drawn their children into the equation. It’s tough, and frankly, unsettling in some cases.

I believe in free will. Ultimately, it can be problematic if a person “wills” something into a space. That obstinacy can, and may, manifest certain experiences and energies into existence.

Know when to establish boundaries and keep it real. Understand and accept that there are times when a client needs outside help in the form of a therapist, counselor, or other healthcare advocate to get them through the issues.

Other factors, such as the living imprinting their emotional energy onto a space, is of paramount consideration. Extreme levels of elation or duress can create a divot in the energy field.

Dependent upon the type of property or location, such imprints can be felt — possibly even captured as evidence — and interpreted as a spirit energy or an entity within the space.

Consider popular locations that paranormal enthusiasts like to frequent. You have the original history of the location, which attracts droves of individuals who yearn for some type of experience. Their emotions and energy can impact a space as much as the deceased.

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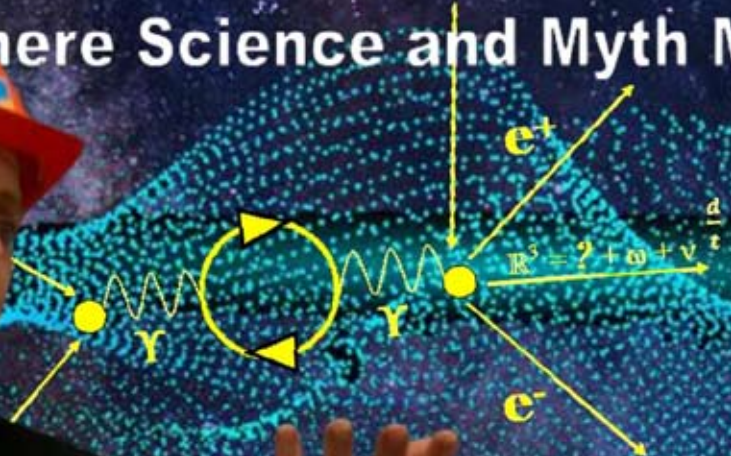
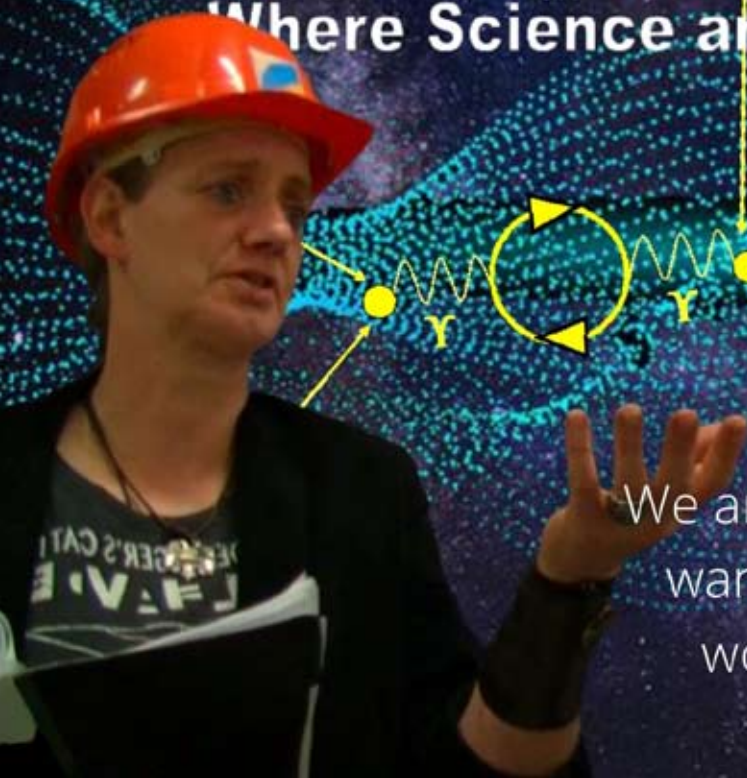
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THE OLD BULL AND BUSH:

A Traditional London Pub Full of Ghosts

By Rick Hale, Psychical Researcher

“Come, come, come and make eyes at me
down at The Old Bull and Bush. Come,
come have some port wine with me down at
The Old Bull and Bush.”

These lyrics were sung by the popular music hall singer Florrie Forde about the Old Bull and Bush, a Grade II listed public house in Hampstead. It's a London pub known for its cheerful atmosphere, good times, and very active ghosts. It's also known for a grisly discovery that some believe may be connected to fiendish 19th century serial killer Jack the Ripper.

History of The Old Bull and Bush

According to historical records, the earliest known building located on the site was a farmhouse built in 1645. It was around 1721 when the owner of the farm decided to start his own business and obtained a license to sell ale.

William Hogarth, a painter and social critic, was a regular customer of the pub and had a hand in planning the pub's garden. In order to add a little entertainment for his patrons, landlord Henry Humphries obtained a license to play music in 1867.

The pub soon became a popular hangout, which fancied Florrie Forde, and her song “Down at the Old Bull and Bush” (1903/1904) is still played in the pub.

The Haunting of the Old Bull And Bush

The much loved Hampstead pub underwent several major renovations, the first in 1924 when it was owned by Coope Brewery, another in 1987, and lastly in 2006, when it was reopened to the public as a trendy gastropub.

It was following this 2006 renovation when folks began to notice something strange was going on in the pub.

Unexplained Noises

Over the years, several staff have reported loud knocks and bangs issuing from the Pub's walls and ceiling.



Paranormal activity at The Old Bull and Bush pub includes disembodied footsteps and the ghostly figure of a Victorian-era man. (Photo: Hywel Williams/Wikimedia)

Others have reported hearing the unmistakable sound of footsteps before opening the pub to the public and after closing.

Several have even reported the unnerving feeling that the footsteps appeared to be following them as they go about their daily duties.

The Sinister Victorian

The ghostly figure of a Victorian-era man has been witnessed by both staff and patrons lurking about the pub. Eyewitnesses have even gone so far as saying the specter has an almost sinister feel to him when he appears and abruptly vanishes.

No one has ever been able to put a name to the ghost.



The Old Bull and Bush restaurant and pub is reportedly connected to Jack the Ripper.
(Photo: The Old Bull and Bush)

But some have a theory, and it's connected to a grisly discovery made in the 1980s.

The Skeleton

While completing the 1987 renovations, the owners of the pub were pulling down a wall in the cellar and made a disquieting discovery. They found the skeletal

remains of a man in Victorian-era clothing behind the wall. What made the skeleton so strange ... it was surrounded by surgical tools.

Someone offered the theory that the remains belonged to notorious serial killer Jack the Ripper and it was his ghost that haunted the pub.

Of course, no one can really say for sure who the skeleton was in life. And although the skeleton was given a proper burial, the hauntings continue to this day.

What Does The Old Bull and Bush offer?

The Old Bull and Bush, a North London institution, is well known for its intimate setting and hospitality. The pub has a well-stocked bar and well-planned menu sure to please anyone who stops in for a drink and bite to eat.

And as with most haunted London pubs, the staff have no problem telling the curious patron of their experiences with the paranormal. ♦

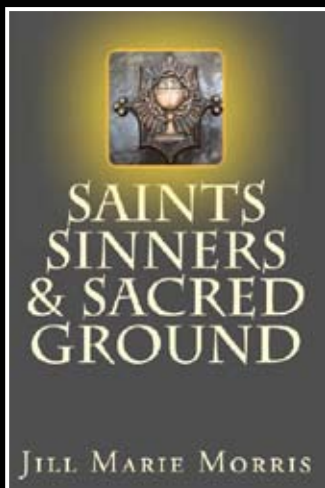


Jill Marie Morris

*Author of the books 207
and Saints Sinners & Sacred Ground*

207

"207 is a personal account based upon a series of terrifying events having occurred in Jill's life. Recounting the horrific experiences that took place from 1988 through 1989, she shares an emotional and horrifying journey that sadly ended in tragedy, forever changing her life and strengthening her spirituality."



Saints Sinners & Sacred Ground

"Saints Sinners & Sacred Ground is the prequel-sequel to 207. It is a historical review and investigative piece that takes the reader on a spellbinding journey into Watervliet, New York's deeply haunted past. Filled with historical information, personal anecdotes, and local ghost stories, Jill searches for the answers to centuries of madness, murder, and suicide. With multiple deaths having transpired directly in Jill's former residence (207), including the suicide of her husband, Saints sheds light on the home and city's tragic and bloody past."

JillMarieMorris.com

PROJECT BLUE BOOK: THE MISSING CASES

By Kevin Randle, Ph.D. (USAF retired)

As happens so often, I'm working on one project and get diverted to another. This time I was looking through the Project Blue Book file index and noticed that many of the reports were labeled as "case missing." There was a solution attached to the sightings, but, of course the index told me nothing of the case.

I made a quick count, and given that there are a couple of pages missing in the copy of the index that I have, and given that the notations are sometimes obscured and some of the pages are barely readable, my count isn't the most accurate. It does, however, reveal a trend that is somewhat alarming.

By my count, there are over 300 cases that are missing. Most have cards in the files with a little information on them ... but this does demonstrate some of the rather sloppy gathering of information that went on ... or maybe just suggests that some of those working at Blue Book over the years weren't as careful as they might have been.

Sure, I know what you're thinking. Just what were these cases?

I went through a couple of the microfilms to see what the project cards had listed so that we all would have an idea about them. Following is a sample of what I found.

On December 26, 1956, in DeFuniak Springs, Florida, the witnesses, who were civilians and military, watched a white, egg-shaped object with a red ring around the

edges. It was the size of a small grapefruit. It flashed with a very bright red light that was around a tenth of the size of the object. It was in sight for 15 to 25 minutes.

An unidentified officer noted on the project card: "Concur with the reporting officer that sighting caused by a/c. Although there was a helicopter in the area and the details of the sighting indicate that this was the cause,

the helicopter landed 10 minutes before the object disappeared. However, time in sight might have been incorrectly estimated. Therefore, prob [sic] aircraft is evaluation of this sight[ing]."

The details are somewhat sparse but the report seems to indicate that the object looked to be the size of a small grapefruit rather than actually being that small. I'm a little amused that the "concurring officer," whoever he might have been, tells us that the sighting was caused by an aircraft because there was a helicopter in the area, but adds that the helicopter landed before the object disappeared. Seems

to be a bit contradictory to me.

However, it is fair to note, without knowing more about this case, and basing it only on the few lines on the project card, that it is difficult to argue with the conclusion. But then it is difficult to believe that one or more of these witnesses (and I deduced there was more than one based on the "source," which was labeled as civilian and military), wouldn't have been able to identify the object had it been that helicopter.



In another of those missing cases — that would have sent me on still another diversion a couple of years ago — we learn that on January 27, 1957, near Hellenburg, Germany, a civilian witness said that he (yes, I'm assuming the witness was male based on the period of the sighting, meaning more than half a century ago) saw a bell-shaped object that was intense black-white [and yes, it says that on the card] with a fiery red trail ... [It] was observed for only 3-4 seconds. Exploded before it hit the ground."

In the comments section, an officer wrote: "Everything here suggests that the object was, without a doubt, a bolide (fireball). See Dr. Olivier's and Dr. La Paz rpts [reports]."

While it is probably a meteor and even with the officer writing that it was identified without a doubt, the case I labeled as "Probably Astronomical." I just find that a little funny. And those reports by Olivier and La Paz were nowhere to be found as the index suggested.

The last one I'll mention here is from Georgetown, Massachusetts, on February 8, 1957. The source is listed as a civilian and an FBI report (yes, an FBI report is listed as a source), which is somewhat curious. The summary said, "A very lengthy report to the FBI, which outlines a number of theories concerning 'flying saucers,' makes only brief mention of a UFO sighting. A few days after reading books by so-called UFO experts Scully and Keyhow [sic, Keyhoe] source 'saw a group of saucers.'"

According to the comments, "Only the date is firmly established. Files show no reports of any strange or unusual objects for that particular date or area. Source is obviously a strong believer in 'saucers,' which may have colored his very limited report."

This case is somewhat revealing, providing clues about the thought processes at Blue Book. Their search of the files was only a search of the Air Force files at Blue Book, and if a case was not in their files, then it simply didn't exist, at least to them.

In searching the databases available to me in 2019, I found a listing that suggested that this was a disk-shaped object, but the source for that information was the Blue Book files. There is no indication on the project card of what shape the objects might have had. It only mentions saucers and that it was a daylight sighting.

Of course, with my access to many additional databas-

es, I carried the search a little further, but I wasn't able to find anything more on the sighting, which is to say, that I didn't find anything. Something might be there, especially for those who can access newspaper files. I did try the Black Vault but could find nothing relating to this particular case there either.

I will note here that most of the cases that are labeled as missing are of the same caliber, which means that I attach no significance to the fact they are missing. The problem is probably more related to sloppiness rather than attempting to hide anything, because

if you were hiding something, you wouldn't list it in the index, noting that it was missing.

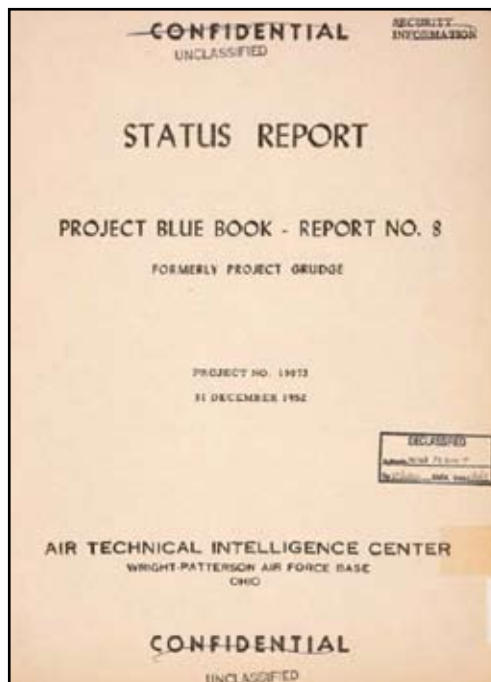
This rather quick survey, which allowed me to see some other things, is that many of the early cases were, in fact, classified. I found nothing listed as "top secret," but there were many listed as "secret" or "restricted," and later as "confidential," when the classification system was reorganized. Later, most of the files were not classified at all unless there was a national security aspect to them. That normally related to collection methods, though in a Belt, Montana, case in 1967, the intrusion of a UFO over missile silos had national security implications.

The significance here is probably that some 300 cases are missing, but the cases themselves don't seem to be all that important. It shows that those at Blue Book weren't taking this seriously. They had reached a conclusion, or it might be said that their superiors had reached a conclusion, and they weren't going to do anything to suggest those superiors might be wrong.

One thought did cross my mind. When there were inspections of their operation, and there would be inspections, how did they explain the missing cases? Could they just blame the earlier administrations ... or did the inspectors, knowing the overall opinion of UFOs, just ignore the missing cases?

There is nothing to suggest the missing cases were classified, and given that, there probably wouldn't have been repercussions.

Kevin Randle's book, "The Best of Project Blue Book," is available on [Amazon](#). ♦



THE MAN IN BLACK

A HARBINGER OF DOOM BEFORE THE AUSTIN DAM COLLAPSE?

By Cheryl Lynn Carter

In the northern part of Pennsylvania is a mysterious area known as the Coudersport Triangle. About 10 miles from Coudersport, situated in a valley surrounded by hills covered with pine, hemlock, and cherry, is the town of Austin. The Freeman Run Valley was known for its prosperity in the lumber industry and also for its resilience.

On May 31, 1889, the valley flooded. In 1890, a fire destroyed a large portion of the town as it swept both sides of Main Street, burning 43 businesses and a few family dwellings. The town rebuilt, only to have a fire destroy the boarding house in fall 1891. However, Austin pushed forward rebuilding once again, until in May 1894, the valley experienced yet another flood.

Unfortunately, in fall 1897, a massive fire swept through Main, Railroad, and Turner Streets, destroying several stores, a theater, two churches, two boarding houses, and the homes of 89 families. And yet through all the hardships, Austin persevered.

When the old growth timber was exhausted, saw mills were replaced by paper mills. In 1900, George C. Bayless of New York chose Austin as the site of the Bayless Pulp and Paper Company, and it soon became the largest mill in the area. By 1909, Bayless came to realize that the original earthen dam was too inadequate for his business needs. He hired engineer T. Chalkley Hatton to construct a larger dam across the valley that would supply water for the mill.

As part of their business agreement, Hatton was given two objectives: Construct a dam that was capable of holding a 200-million-gallon reservoir and complete the proj-

ect within a budget of \$85,000. He further indicated that instead of using 30-foot-thick concrete, he would settle for a cheaper 20-foot thickness. As the construction neared completion, it became evident that the cost would be over budget. Bayless dissatisfied with the findings, pressured Hatton to make alterations in order to reduce the cost. However, Hatton informed him that the demands would



**Austin (Bayless) Dam in Pennsylvania as seen during construction.
(Photo: the Potter County Historical Society).**

violate sound engineering practice and advised him stay with the original proposal.

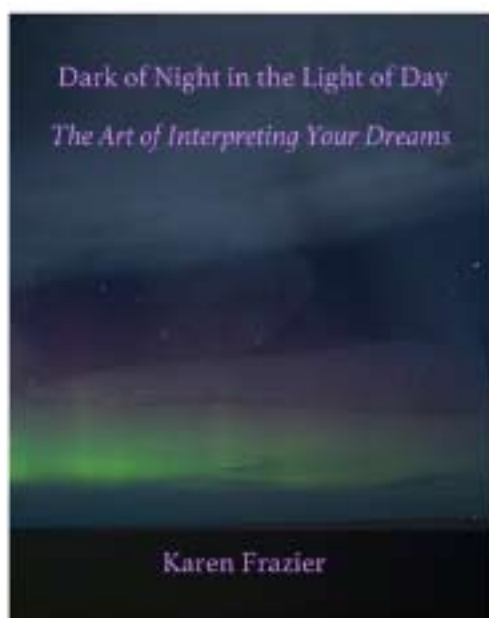
The dam was being constructed with cyclopean concrete that consisted of boulder-sized pieces of sandstone rock bound with concrete. Twisted steel rods were placed two feet apart to reinforce the dam. Bayless insisted that in order to reduce costs, a minimal amount of iron



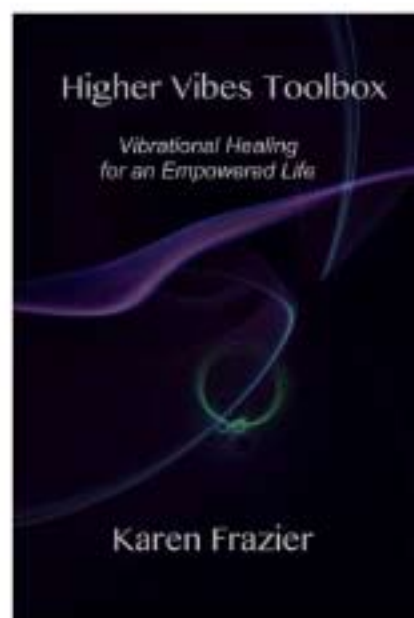
New from *Paranormal Underground* columnist

Karen Frazier

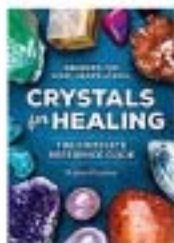
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Also by Karen



AuthorKarenFrazier.com



View of Main St. in Austin after the flood (Photo: the Potter County Historical Society).

rods be used to secure the dam to the foundation rock. He also contended that the outlet pipe be fitted with a wooden bulkhead instead of a valve.

Hatton was hesitant; however, he had no alternative but to comply. All the discussion over changes put the project behind schedule, and winter was approaching as they hurried the concrete construction. Finally on December 1, 1909, the dam was completed. It was 50 feet in height, extended 540 feet across the valley, and retained 250 million gallons of water.

Averting Disaster

On January 17, 1910, rain combined with warm temperatures that caused the snow to melt contributed to a sharp rise in the reservoir's level. A portion of the bottom earthen embankment slid down eight feet, causing water to bypass the dam. The dam bowed 36 feet under the pressure of all the water it was retaining, and the concrete started to crack. If the dam had a release valve as originally planned, the mill workers would have been able to release some water. But they were unable to remove the wooden cap, as it was removable only during low flow conditions. Instead, in a desperate attempt to relieve the pressure, workers set off dynamite to blast a notch eight feet wide along the crest.

Concerned with the thought of the dam failing and the fact it was less than a mile downstream, the townspeople fled to the safety of higher grounds. Remarkably, the quick-thinking efforts of the mill workers succeeded in containing the water. Hatton consulted with Edward Wegman, an expert of gravity design, and developed a repair plan. Bayless contended that the dam was safe as is and refused their help.

The residents returned to their homes after being reminded the mill had "the dam that could not break," but they soon discovered there was yet something else unsettling.

Who Was the Man in Black?

A stranger, a tall man dressed entirely in black, began to appear and disappear along the Buffalo & Susquehanna Railroad tracks. Railroad workers witnessed the man sometimes riding inside the passenger cars. Other times he was seen lurking about the tracks or crawling between and running over the tops of the cars.

Who or what was this mysterious man in black? Why was he there? There wasn't anyone brave enough to ask.

The sightings continued for a year until the day of September 30, 1911. It began as a typical Saturday, but soon the residents would come to realize there was nothing typical about that day. At 2:15 p.m. from her house on the hill outside of town, Cora Brooks was sitting on her porch admiring the beautiful day. Decent people didn't say her name unless it was a whisper about the brothel on the hill.

Suddenly, she heard the dam quake under pressure. She hurriedly notified the town below, and alarms were sounded. But since there had been recent false alarms, many people didn't pay much attention to the warning.

Within 15 minutes, a massive wave of water hit Austin, raging water that carried with it 20,000 cord feet of pulpwood from the remains of Bayless Mill upstream. The force of the water destroyed almost everything in its path. Gas mains severed, causing fires to erupt and spread throughout the town. Seventy-eight people lost their lives that day. Tragic as it was, it may have been worse had it not been for the quick thinking of Cora Brooks, the name that everyone proudly spoke.

This was the worse dam failure in United States history and the second worse flood disaster in Pennsylvania history.

As for the tall man in black, well he was never seen again. Was he a harbinger, warning of danger to come? Was he there to warn the town about the dam? Could all this have been prevented had someone asked him?

Some believe it was similar to the sightings of the Mothman near Point Pleasant, West Virginia, who appeared before the collapse of the Silver Bridge across the Ohio River on December 15, 1967. ♦



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The Fatal Attraction of the Occult

By Rainbow Radaelli, Truth Seeker Forum

Years back when I was in my twenties, I met a woman at an art show who told me an interesting story. It was in fact a true story about herself, and in some way it seemed as if she was confessing to me choices she made in years past. I'll call her Sally.

(I guess being a medicine woman is a calling card or beckoning to some people. I could never figure out why some people felt the need to open up to me, but it seems to be a part of the path I have chosen.)

One caveat here is that I don't see callings as part of any said occult because of the enticement element to cults. In saying this, I have also seen people make decisions that have unforeseen consequences because they were promised something that they themselves felt they couldn't achieve without help. If help comes at a cost that becomes an inflated debt, it's a deception.

Sally's Confession

Sally started out by saying that one day, out of the blue, she decided she wanted to become a witch. She didn't state anything about the Wiccan religion itself, just the idea of becoming a witch at that time seemed an exciting change. She went out to a book store and bought as many books on witchcraft as she could find and soon after started to do ceremonies and rituals in her home.

Sally didn't tell many people about her so-called secret calling, making it more a private decision ... but then this was her first faux pas. Once a person calls out to the occult, it answers back.

Let me make this clear, I have friends who are Wiccans and I have the utmost respect for them. This is where it's important to have teachers and elders come in to help the novice understand the importance of their choice. I can still remember during my tutelage as a medicine woman. In the beginning, my mentor ThunderBow questioned my reasons for taking on such a path. He made it crystal clear



Photo by Vivien Skrupskis

that my path needed to be lit with the light of resolve and the knowing without a shadow of a doubt that there was no other way for me. This type of choice can't be a flight of whimsy or a fleeting decision. Sometimes the consequences for these decisions can be dire.

One day, Sally took a bus downtown from where she lived and noticed that there was a man staring at her and smiling. Sally was a beautiful woman and was used to getting attention, but this felt different. This man wasn't so much interested in her looks; it was more like he was looking into her soul. She felt a bit unnerved and decided to get off the bus early and walk the rest of the way to her destination.



But the man got off on the same stop as her, and as he walked past her he said, “Glad you’re a part of our group.” Sally said, “Excuse me?” He looked at her and laughed and told her he was a warlock. She said she didn’t know what he was talking about and walked away quickly.

On another bus back to her home, a young woman sat beside her and said, “I’m a witch too.” Sally didn’t say anything and silently started to panic. The woman told her not to be afraid, but Sally was beyond scared by that point and moved to sit someplace else. The woman looked at her funny, and Sally decided to get off the bus early so she wouldn’t be followed home.

That day, Sally threw out all the books she had bought on witchcraft and went to a church down the street from where she lived. I asked Sally why she had such an extreme reaction to people acknowledging her decision to be a witch. She said it wasn’t just those people talking to her but that when she was doing her ceremonies, she saw dark shadows in her home when there were none before. She heard loud bumps and knocks coming from the walls and voices speaking, whispering out of nowhere. Sally said she took on a more forbidding demeanor; she began to feel depressed and irritable. She wasn’t happy, but she didn’t know what to do. She felt trapped in her own choice.

Obviously, ignorance is not bliss, especially when someone does an about face on their beliefs to fit a doctrine they know nothing about. A distressing experience can be an unexpected lesson in the impropriety that accompanies the unknown.

Sally’s husband was a friend of hers at the time, and thankfully he was the main support for her, helping her get through her change of heart. Maybe the people who walked up to Sally didn’t mean her any harm; maybe they saw her as one of their own. Fortunately, in this case she was left alone. Others aren’t so lucky.

An Unintentional Brush With a Satanic Cult

Years later I was working in Taos, New Mexico, at an antique print shop when a woman came into the store and out of the blue started to share with me a very strange story. By this time, I was a little more astute and cautious and used to strangers feeling the need to talk to me.

She seemed a bit secretive and a tad on the dark side, even as she was telling me her story. She stated that she had been in a satanic occult for many years, and by the end of her story she told me some gruesome details that I have chosen not to detail here. She gave me a book she had written and asked me to read it and tell her what I thought about it.



It's not every day a woman walks up to me and hands me a book to read, and it did seem strange at the time, but I gave her the benefit of the doubt, agreed to read it, and told her to come back the following week. The following day, I noticed some strange things start to happen when I was going and coming from work.

A tall man was blatantly following me and videotaping me. He didn't worry about hiding what he was doing, and when I finally went to confront him, he turned his back on me and pretended to film something else. I also noticed I was being followed driving my car, not just by this tall man but by another woman. None of it made sense.

After a few days and more incidents like I described, I told ThunderBow what was happening. He decided to chaperone me places so he could see for himself what was going on. Considering he was tall, carried a bowie knife on his belt, and was pretty intimidating, I thought he might get a message across to those following me to leave me alone. Unfortunately, he didn't faze them at all, and they didn't hide their intentions even with him next to me.

I knew they were connected to the woman who came into the antique print shop days before. In my gut, I knew she was trouble. The bottom line to her book was she got away from this occult and found a new way of life. But by the end of reading her book, I realized that it was a carrot toss, a way of getting my interest piqued so that I would ask more questions and be introduced into this group. I thought, what a sneaky way of getting people involved, introducing a feel-good story and slowly pulling them in. ThunderBow was vigilant on the day she was supposed to come back, and for good reason. This was a group of dangerous people.

One thing worth mentioning ... my dreams changed

immediately after meeting this woman. They were very dark and disturbing and flooded in as night terrors. I didn't feel as if they were mine, more a twisted and hideous version by someone else. Also, there was always something hovering around in the corners that I would see for a split second and then it would be gone. It didn't matter where I went, day or night, this thing seemed to follow me. I have never liked uninvited guests, and this was no exception.

The day the woman was supposed to come by, I stood by the entrance of the shop, book in hand, waiting for her so I could give it back to her. As the minutes ticked by, I was ready for battle and, interestingly, I could feel her before she came into the mall of shops. She walked up to me with a smile on her face, but I on the other hand was tired from lack of good sleep and extremely irritable due to the fact I had to banish whatever it was that was following me back to where it came. I don't like to be played for a fool, and I felt targeted by this woman and her friends from the first day she came into the shop.

I politely gave back her book, told her I wasn't interested, and suggested that she leave. She looked very surprised and asked if I would care to have a cup of coffee with her so we could talk about her book. I said, "No thank you." I stayed in the doorway, arms folded and not budging from where I was standing. I didn't even want her in the shop. She lamented but wanted to know if she could come meet with me another day, and I told her I would prefer it if she didn't come back. As she left, she gave me this really scary and crazy smile that creeped me out.

ThunderBow was listening from down the hallway and came over to me. He said I wouldn't have to worry about her or her friends anymore. I wondered how he knew, but nevertheless I was grateful for his encouragement. I couldn't shake the feeling that they might come back, but after two weeks, they seemed to leave me alone. My dreams returned back to normal, and I was grateful for the first night of good sleep that had evaded me for days.

The darkness can come in many shapes and sizes. It can target anyone at any time for any reason. It can be the unexpected knock on the door or a friendly face that comes out of the blue. This just means that we can never let down our guard, and those feelings in the pit of our stomachs, the red flag or the goose bumps are the telltale sign that something isn't right.

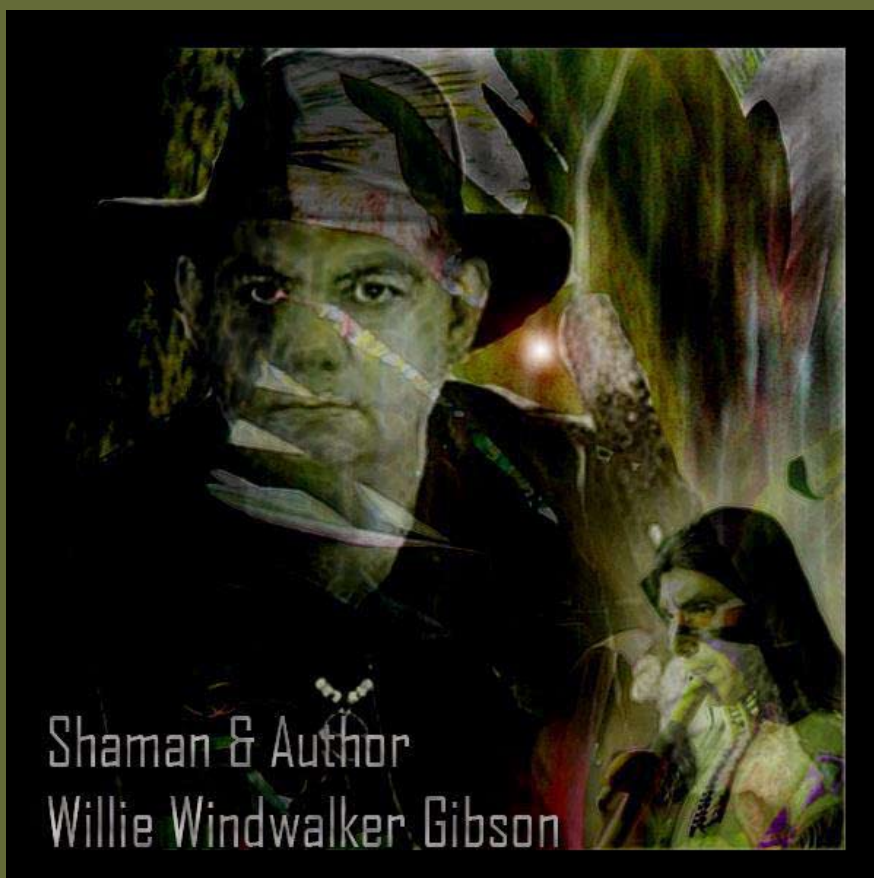
The darkness and its fatal attraction can come at a cost, one that stymies the soul and can take lifetimes to redress — not to mention atonement for connecting to its shadows. Being in the light means we have the wealth of knowledge in knowing our true value as souls and that there should never be a debt for something that is priceless. ♦



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THE HAUNTED PROFESSOR'S OFFICE

BY PAUL DALE ROBERTS, HALO PARANORMAL INVESTIGATIONS

Our team recently received a call from a man — who is both a doctor and a professor (we'll refer to him as a professor in this article) — experiencing what he described as potential poltergeist/demonic activity at his home and office in Lodi, California.

The professor was hearing constant knocking on his door at both his home and office, and he was constantly being scratched. Most recently he was scratched down his back in an area where he could not reach himself. The entity's scratches were in threes, which is symbol of disrespect for the Trinity.

On October 10, HPI investigated the professor's office. Investigators present included Deanna Jaxine Stinson, Paul Dale Roberts, Master JM Isidro Jr., Brandon Smith, Kathy Smith, Nick Asevedo, Jo Asevedo, Justin Cortez, and Jason Wilkerson.

The Initial Briefing

Once we arrived at the professor's office, he briefed us in the parking lot. The paranormal activity actually began in another city and seemed to follow him to Lodi.

The first strange incident at the professor's office was three loud knocks at his back office door, but when he opened the door, no one was there. More knocking began happening, but no one was ever there.

He also reported that objects were being moved inexplicably around his office. The professor, a very intelligent man who went to prestigious schools, became nervous and decided it was time to call HPI. The cause of the activity was unknown to the client.

The Investigation

During the investigation, we broke up into two teams. We had two investigative sessions, one outside and one inside, with each team switching areas after completing their first investigation. During our first round of the investigation, we gathered all kinds of evidence. But by the



HPI investigated the office of a client who was reporting unexplained paranormal phenomena.

second round, the entities must have pooped out because the evidence was insignificant.

Nick and JoJo acquired all sorts of EVPs that sounded like unearthly growling or howling. We also captured a Class A EVP outside, where Deanna detected an entity. The EVP was three words and the voice was of a little girl



The paranormal activity that was occurring at a Lodi, California, office included loud bangs and knocks, as well as the client being scratched repeatedly by an unseen entity.

Deanna picked up on entities across the street, so I went over to the building across the street. At this point, the lights in the building started blinking off and on, and I captured one EVP where we could hear a whisper.

The Cleansing

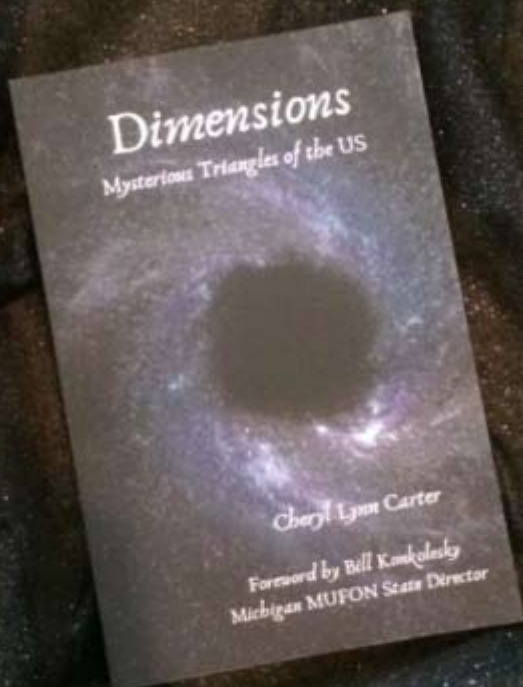
Deanna conducted a metaphysical cleansing with the help of Master JM. I conducted a Roman Catholic blessing of the office. We are hopeful the entities are gone.

The professor was saddened that we captured an EVP of a lost girl spirit, who sounded like she was about five years old, and he hopes she will find her way to Heaven.

Note: The professor is associated with one of the scientists who participated in the investigation of "The Entity" case, an infamous paranormal case documented in both books and a movie. ♦

(there was no little girl with us during the investigation). The EVP occurred when an investigator asked if anyone was there, and we got a background voice saying, "We're all here!"

The Ghost Radar went off several times, and names were being thrown out on our ghost devices. Jason felt an entity brush up against his skin and hair.



DIMENSIONS: MYSTERIOUS TRIANGLES OF THE US

by Cheryl Lynn Carter

The Earth's surface is endowed with mysterious triangular patterns that whisper of mystical energy and vibrations. The ancients considered them doorways that would enable one to traverse time and move through dimensions.

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Maintaining Your Peace in the Middle of Chaos

By William Becker, Paranormal Insights

I've been sitting and searching for a meaningful topic for this month of Halloween and things otherworldly. Many people like the spooky aspects of the festivities of the month, but this year there is so much that is frightening in reality that I don't feel inclined to focus on the different pagan or Christian celebrations, or the customs that have built up around the month.

Not only do we have the normal natural events going on around us, and wars that seem to have no real end in sight, but we have a worldwide pandemic, civil unrest in the support of social justice, and a neo-Nazi response by some in the U.S. to the calls for civil rights and the end of racism. Added to the mix, where I live has just had a record breaking windstorm event that has not only done damage all over the state from the wind, but has sparked massive, record-breaking wildfires. Not far from where I live, we had one fire destroy 140,000 acres and another destroy 188,000 acres. And there are several other fires around the state.

These weather and fire events are all natural results of the incredible damage we have done to the environment of our planet, causing catastrophic global climate change by global warming. These events are not deliberate sabotage, though we humans caused the conditions that allowed them to happen.

I have written in the past that we are on our own to fix the issues we are living with globally. We broke it, and there aren't any magic forces to fix it for us. That doesn't mean that we can't work together on correcting the issues, and it doesn't eliminate the metaphysical from our own process of living with the world we have.

My job here isn't to tell any of you reading this what to do. I have no desire to do so. But what I can do is give some idea of where I am in maintaining some sort of





sanity and calm in the midst of the literal and figurative storms around us.

Keeping oneself grounded and centered is helpful in working with our world and our own reactions to the noise around us. Meditation, finding a spiritual practice, sitting and thinking, and working with a good therapist are just a few of the ways we can put together a practice that can help us to focus and function, no matter what we experience.

What I am seeing in myself is that I need to recognize

when emotion is leading me, look at the emotions and where they are coming from, acknowledge the awareness they bring me of perceived reality, and then let them go.

The emotions — in my case, anger has been a prevalent for me lately — indicate something is going on. I then need to step back and evaluate the reality to the best of my ability. Looking at the world from a more objective position, I can then decide what actions I can reasonably take and which ones I can't. Perhaps even more importantly, I can see what the potential outcomes are and make peace with those possibilities.

What I'm prescribing here isn't a Pollyanna fix to the world that will make everything OK again. That's not going to happen. What I'm doing is sharing a bit of what I do to help keep a sense of peace and calm in the madness, and to come from a sense of authentic self instead of emotion.

What comes next is just conjecture. But I've looked at a few different scenarios that I have seen psychically, and none of them are optimal. I have learned to be in relative peace with what comes, along with doing my civic duty to work for what I know to be right. That takes away much of the fear and anxiety of what's to come. My connection to the underlying energy of uncertainty in the world seems to have remained. ♦

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Focusing Your Life Force Energy on Things That Matter

By Karen Frazier, AuthorKarenFrazier.com

Several years ago, I had a Life Between Lives (LBL) hypnotherapy session. (It is a super cool experience — I would highly recommend doing it with a qualified hypnotherapist).

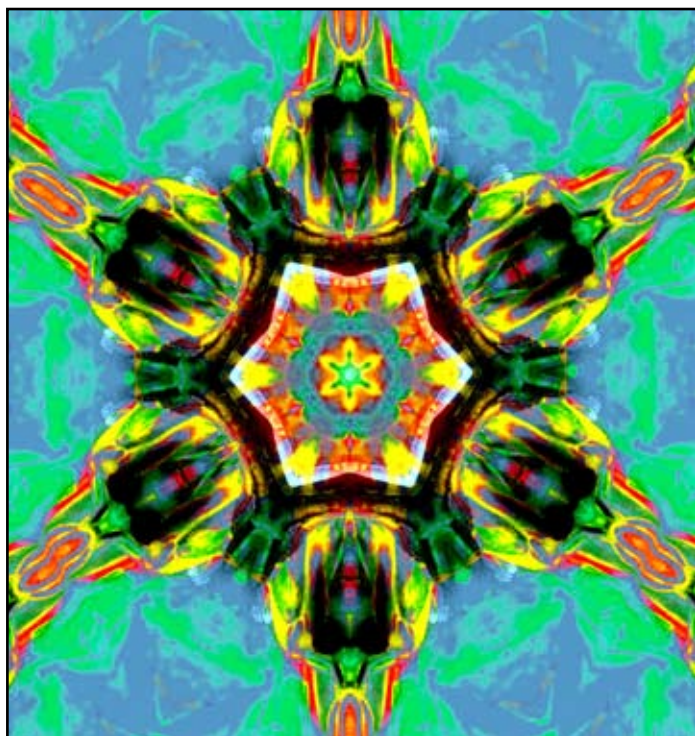
For people who don't know what LBL is, it's a hypnosis protocol developed by Dr. Michael Newton in which a hypnotherapist induces a deep level trance and then guides you through your death in a recent lifetime and into the space between incarnations when you exist as the purest form of yourself.

In this space, you are able to learn things about yourself, such as why you may have chosen a certain lifetime, who the people are who have incarnated with you for thousands of lifetimes, and more. It's an intense experience.

Thousands of people who have had these sessions report common experiences, which has allowed Newton and other therapists working with the protocols to develop a model of what our existence might look like when we're not embodied. It's fascinating reading, and I highly recommend Newton's works *Destiny of Souls*, *Journey of Souls*, and *Memories of the Afterlife*. It's life-affirming stuff that can help you gain a broader perspective on what it means to be an embodied soul.

Anyway, in my LBL session, one of the questions my hypnotherapist asked was, "How much of your life force did you bring to this incarnation?" Now, normally, as far as I can tell, people bring quite a bit — 50% or more (the rest remains with the "soul," which goes on doing its soul work). So, naturally, I was surprised when my answer was 15%. However, on reflection it made sense.

In this lifetime, one of my major life challenges has always been having enough life force energy, which has manifested physically. I've struggled with anemia since I



was a kid. I currently partner with a few autoimmune conditions that continue to leave me severely anemic, lowering my energy. (For example, normal hematocrit numbers for a healthy adult female are about 12 to 16 g/dL. Mine have dipped as low as 7 before, requiring an immediate blood transfusion).

In energy medicine, blood represents life force energy. So after my LBL, suddenly it made sense why I've always struggled with maintaining sufficient levels of blood, but I never understood why I chose to challenge myself physically in such a way in this lifetime.

This past year, which has been a challenging one for

me on many levels, I noticed that the more emotional challenges I faced (and I experienced them in virtually every aspect of my life), the more I also struggled with maintaining even the minimally healthy level of hematocrit. In other words, there is a correlation between my physical ability to maintain my life force energy and the energy I expend emotionally and give away to others. As an empath, my emotional boundaries also tend to be fluid because I am so likely to experience other people's emotions as my own.

So as I've struggled recently with life force energy, I've focused on why I might have chosen that in this lifetime and what growth opportunities it provides me, since I truly believe every challenge our souls offer us during an incarnation exists for our benefit and growth. It's up to us to parlay those challenges into new strengths.

One of the things I've come to realize is that my low life force energy forces me to lower my physical activity levels, quiet my mind, and tune inward. If I didn't have these periods of low physical energy, I would just go and go until I dropped; it has always been one of my tendencies to pack my life as fully as humanly possible, running until I'm depleted.

Low life force energy has tempered this substantially for me, and it is during these down periods when I often experience my most significant spiritual growth.

Another thing I've come to understand is that because I have given myself a limited supply of life force energy in this lifetime, it means I need to find ways to conserve it. This is important as I am someone who gives large amounts of energy away to others. However, I've realized that instead of freely giving it away, I need to focus my life force energy on things that truly matter. So I've created a "sniff test."

Now, whenever I start to give any of my energy to something or someone, I ask myself, "Is this worth giving my life force energy to?" In some cases, such as in my writing and teaching, the answer is yes, it is worth the energy. However, the answer is often no.

This has made me more mindful of the myriad of unimportant things I've worried about and focused my energy on over the years. It's helping me to redefine my priorities and focus on the things that are truly impor-

tant to me: my relationships with the people I love, my teaching and work, spiritual practices, music, joy, and, of course, writing.

Because of my limited life force energy, I'm learning to cultivate those things that bring me joy and hopefully make the world a better place instead of getting lost in the minutiae of daily life. It's helping me to stop dedicating emotional energy to things that ultimately don't matter, such as what others think of me. It's also helping me to define my boundaries and find kind and compassionate ways to set and enforce them.

While this is my path, there's a takeaway for others if they choose to discover it: Dedicate your life force energy to those things that truly matter. Let the rest go. Only you can decide what matters to you, but the Universe

provides you with endless opportunities to discover and refine these things.

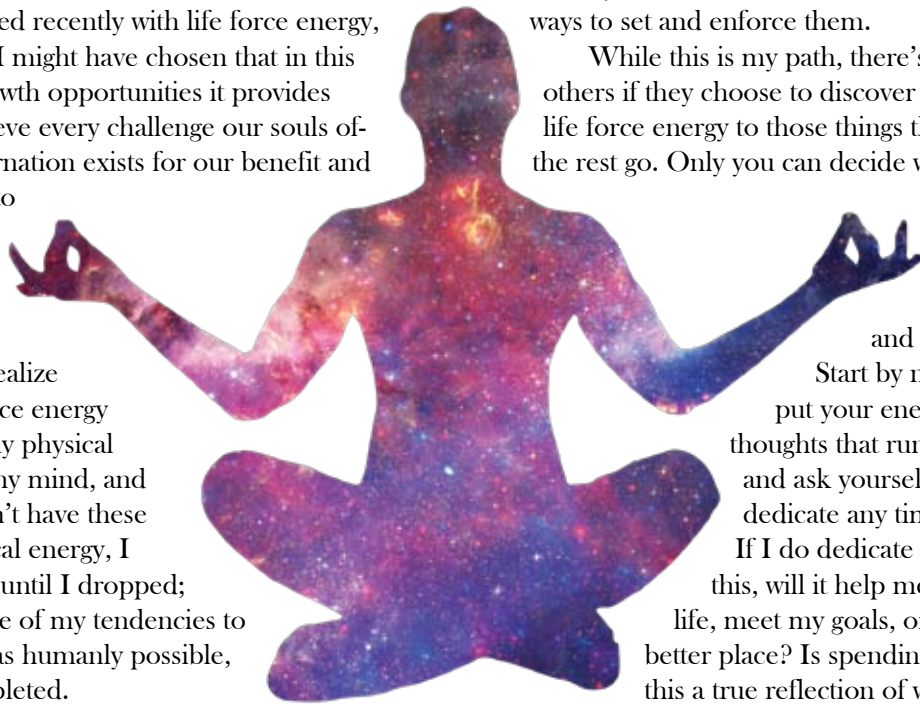
Start by noticing where you put your energy. Listen to the thoughts that run through your mind and ask yourself this: Is it worth it to dedicate any time or energy to this? If I do dedicate time and energy to this, will it help me grow, improve my life, meet my goals, or make the world a better place? Is spending time and energy on this a true reflection of who I am?

Everyone experiences challenges in life.

Our souls have offered these challenges as gifts, and it's up to us to sift through the rubble to find the diamond hiding within each challenge. It's OK to spend some time hating the challenge. It's OK to spend some time hurt, aching, angry, or whatever other initial emotion the challenge evokes.

However, after we've allowed ourselves to have the full experience of whatever emotions arise with each challenge, it's also up to us to decide what we do with that experience. Do we attach emotional energy to it and dwell on it for the rest of our lives with hurt, anger, and bitterness, or do we use it to propel us to new self-awareness, compassion, and understanding?

In each lifetime, we get to decide how we interpret our experiences, how we react to them over the long term, and where we place our life force energy. Thus, it never hurts to do a gut check and ask ourselves whether it's worth giving away something as precious as our energy to something that doesn't serve who we choose to be. ♦



Could Angels Be Communicating With You?

By Dr. Athena Perrakis, Sage Goddess

Have you ever driven down a familiar route only to — one day for no obvious or apparent reason — look up and discover a store, signpost, park, or garden that you’ve never noticed before that moment? Could it be the angels are communicating with you? Are you seeing angel numbers?

This has happened to me on many occasions, and each time I’ve questioned how I could have missed such a thing. I found myself wondering if what I had discovered in that moment had been there all along. After the back and forth internal conversation I had about not being present and missing out on what’s right in front of and around me, the chatter stills. I am calmed. A warm sensation permeates my cells, its very nature reminding me that it is OK. I am assured that I saw what I saw when I needed to see it. All is well, and I am precisely where I need to be, knowing what I need to know ... in this moment.

Such reminders are necessary in today’s bustling and do-driven world where we continually question how we measure up, if we’ve done enough, have enough, and are enough. It’s comforting and reassuring to know that even on a familiar road we can discover and learn and experience something new — something new amidst the tried, the true, the trodden, the mundane. Something that has a message just for us now that it has caught our attention. And, it leaves us to ask internally or aloud, “Is there a reason why I noticed this today, of all days?”

“Angels are messengers, but sometimes we misunderstand their language.” —Linda Solegato

I have been thinking and feeling into the myriad ways Spirit communicates to us, and I am led to ponder on the angels, guardian angels, and archangels. These beautiful, ethereal, and celestial beings of light fascinate me. And I am deeply moved by them. I can always tell when the angels are near me. There’s a warm sensation that permeates my heart, simultaneously causing tears to well in the



corners of my eyes. It’s a feeling of unconditional love that we sometimes catch a glimpse of in our day-to-day interactions. You know the kind — a shared laugh with our loved ones, the twinkle in a newborn baby’s eyes, a sweet moment with our partners, an unexpected kiss from the wind as it lightly dances across your cheek, and more.

For me, I know the angels are near because of the pureness I feel. There’s an undeniable quality of purity and peace that is present when the angels are close. It embraces me and wraps me up like the tightest, most heartfelt hug. You know it when you feel it. You just do.

I have learned that beyond what I feel, the angels are always communicating and sending us messages that speak to the heart of whatever it is we face and seek guidance on. What they desire more than anything, I feel, is to be in a relationship with us. To watch over and protect us. To walk alongside us. To share in our sorrows and delight

in the things that, and people who, bring us joy. What they want more than anything is to be a trusted confidante ... a loyal and advised friend.

In my experiences with the angelic realm, what they desire is to be in an intimate relationship with us as we navigate the lessons of this beautiful yet sometimes daunting life school. Just as we look to a longtime friend for counsel, so too can we call on and look to the angels during prayer, meditation, and even in simply speaking to them. When it comes to us, their love knows no bounds. None. And when we call on them, they leap at the opportunity to respond and be with us. I feel nothing brings them greater joy than seeing us flourish and thrive in our highest potential and calling, which they are here to assist us in.

Perhaps of all the ways our celestial team communicates with us, angel numbers are the form that people recognize the most. Numbers can be found in the makeup and chemistry of everything we hold dear, near, sacred, and true. Like feeling, numbers are the language of the Universe. Numbers vibrate on a level that constructs worlds — which is why they are so important to and an essential means of communicating with the ethereal realm.

Numbers are similar in nature to the vibrational frequency of the angelic realm. Each number has its own vibrational meaning, carrying with it messages that we can interpret from the Divine. When you observe repeating numbers or numbers in a sequence, then you are receiving Divine guidance from the angels on a matter that is of significance to you. These patterns and sequences of numbers are referred to as angel numbers.

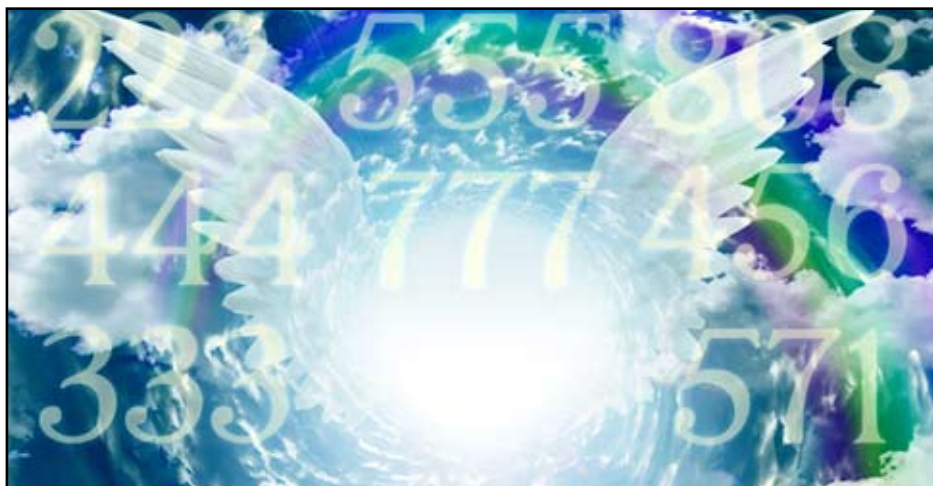
I have prayed many times on an issue of concern to me and asked for the guidance of my angels as I walk through what feels like murky, unfamiliar territory. And then, a message will come in the form of a number. I'll be at a red light behind a car with 222 in the license plate only to see the number repeat again in a building address or phone number. It is then that I know the angels are telling me to continue on the path I am on and to keep the faith. Angel number 222 is a reminder for us to trust, not so much in what we see but in what we don't see, as everything is always working out for us in ways we do not comprehend at the time, ways that for now are evolving and unfolding behind the scenes.

And like the prized cherry on top, I'll see angel num-

ber 333, which lets me know the Ascended Masters are with me. These moments are such sweet morsels of pure bliss, assuring and informing us that we are heard, we are seen, and all is well. (To read more on angel numbers and number meanings, please [click here](#).)

“The reason angels can fly is because they take themselves lightly.” —G.K. Chesterton

One of the most beautiful discoveries of life is that, although there are times when we feel lonely, we are never alone. For even in our darkest, most grief-filled and pain-induced moments — and on the flip side, in our mind-blowing, ecstatic moments of pure joy — there are angelic beings standing there right in the center of it all, holding, guiding, listening to, comforting, and cheering you on. And that is enough to celebrate and give thanks



for, as it is a reminder that the life we live is not a solitary one, even when it feels that way.

Open your heart, your eyes, your mind, and your soul to the splendor of the beauty that awaits you every day, in every second, and in every place. Listen with new ears to the music of life that plays for you day in and day out — it is a song of resilience, a song of strength, a song of appreciation, a song of love, and a song of sincere adoration. Because there is a song that plays for you. A sign that is written just for you. A numerical sequence that will repeatedly jump into your awareness. A kind word or gesture from a stranger that lands on your ears and infiltrates your heart at the divine right time. An unexpected sighting of a bookstore, garden, restaurant, or park along a very familiar road that beckons you to stop and come in.

There is always a message and answer to every prayer and request. All that is required is that you ask and then simply be open to allow and receive it.

Your angels love you more than you will ever know. ♦

Fire Demon ... Or a Spirit in Disguise?

By Willie Windwalker Gibson

There are times when I'm asked to go out with paranormal teams on investigations, especially if they think they're dealing with something demonic.

During summer 2010, I got a call from a local paranormal team. The leader of the team asked me to go out on a case with them. They had already done the investigation and believed they found a demonic entity that had been attacking two women in an apartment. I agreed to go take a look.

The next night, the team leader picked me up, making sure to not give me specifics of the case, other than a demonic entity might be involved. When we got to the apartment and we got out of the car, I immediately felt that there was something wrong. We went inside of the apartment building and walked down a long hallway on the first floor.

Once at the apartment, an elderly woman invited us inside. We walked inside and were greeted by another elderly woman and the other members of the paranormal team. The two women introduced themselves as the Baxter sisters.

The paranormal team already had all of their equipment set up, including cameras, audio, and all the bells and whistles.

After asking if I could walk around the apartment, I began my walk-through. As I walked through each room, I detected different energies. There were several spirits of children. But as I approached one of the bedrooms, I could feel the temperature start to get hotter.

I walked into one of the bedrooms, and I immediately saw a shimmering red light in the corner of the room. I walked to the light and felt my arm start to burn. I checked my arm, and it indeed had a burn on it.

I backed out of the room and gathered the team



members and the Baxter sisters in the living room. As I showed them I had been burned, one of the sisters turned around and pulled up her shirt. There was a large red spot on her back where she had been burned as well. The burn looked to be a first degree, like a sun burn. Mine looked like the same type of burn. The other sister showed me a deep scratch on her stomach.

Apparently, this had been going on for months. The team leader told me they had been investigating the case for about two weeks. The sisters asked me if I could do anything, and I told them I would try.

I told everyone that there were child spirits in the apartment who were being trapped there by a negative entity. I explained that I needed to free them. I let the sisters know that if I could release the child spirits a lot of the energy would be taken away from the negative entity.

At this point, our group made a circle. I took a candle from my medicine bag and lit it, placing it in the center of the circle. I said a white light prayer of protection and then invited the trapped kids to come join us. We then felt the cool energy of the children come into the room.

I asked everyone to hold hands and told the kids not to be afraid and go into the light — that their parents would be there. The center of the circle became ice cold, and the candle blew out. At this point, we all felt the room get back to a normal temperature. A sense of peace came over all of us.

It was now time for me to get rid of the bad entity. I took a sage stick out of my bag and went back into the

bedroom. I could hear a laugh and the spirit say, “Be gone holy man.”

I lit the sage stick and walked to the shimmering red light. I yelled, “You be gone, now!”

The entity then said, “Be gone. I’m a demon. I’ll kill you.”

I laughed and said, “You’re a punk; you’re no demon.”

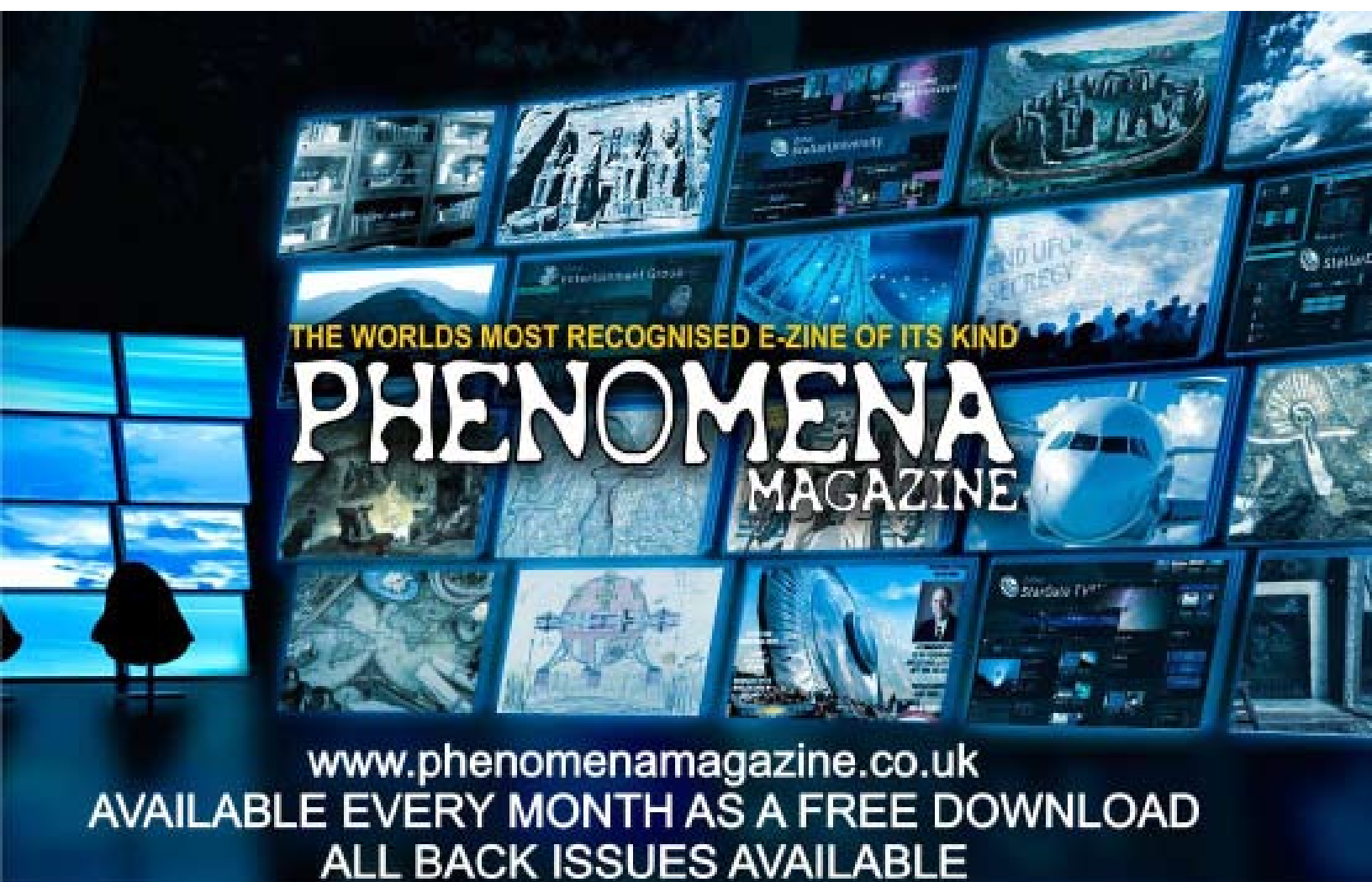
I walked closer to the shimmering light, blowing the sage smoke. I yelled, “Be gone in the name of Jesus Christ!” At this point, the shimmering light disappeared, and

the room felt peaceful.

I walked through the rooms again and cleared them all with sage. The entity was gone, so I let everyone know that the sister were now safe. The sisters were relieved and also very happy the spirit children were at peace.

When I got back home that night, I could still feel the burn. It took several days to heal. It was a reminder that you must always be cautious when working on a possible demonic case. This entity was not a demon, just a punk entity trying to fool everyone into thinking it was demonic. While this type of case happens often, make no mistake ... demons are real. ♦

**While demons are real,
in this case we encountered
a trickster spirit.**



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